

the floating, effortless feeling to which the term of "subconsciousness" has of recent years been applied. This may apparently arise in a diffused or in a localized form—may produce a mood in the body as a whole, or may influence the behaviour of single organs. We are subconscious when not very deeply asleep, when indulging in day-dreams, when under the influence of an intoxicant or a violent passion : and there is reason to believe that impressions received, or emotions experienced, in this condition are registered by us separately from those which affect us in our conscious states. The existence of a localized subconsciousness—of a feeling that is experienced by an organ, or limb of the body—may be hard to believe : but it is suggested by many very curious phenomena in cases of hypnotism and anaesthesia. From these vague states of subconsciousness the concentrated and definite feeling of consciousness, or awareness, is developed. This is primarily a state of observation in which we mark the impressions, memories, and emotions which affect us : by a further development it becomes a state of introspection in which we take note of the actions of our various organs in response to stimuli, finally, by a still more elaborate outgrowth, it blossoms into a realization of self as a whole. *self-consciousness*—the introspective observation of ourselves, under the influence of the various stimuli that are upon us. So are we

not only
aware of our impressions, memories, and
emotions.
but are aware that we are aware of
them : we
know that we are tempted. and we
know that we
fall. This extraordinary faculty is
localized in
the brain. When consciousness is acute
the brain
arrogates to itself functions that are
ordinarily
deputed to local nerve systems. such
as the per-
formance of those accomplishments
that are